

Full Report (All Nutrients) 45134704, HEALTHY CHOICE Beef Pot Roast Complete Meal, UNPREPARED, GTIN: 00050100459628

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (311g) 311g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	221	71
Protein	g	--	--	14.99	4.82
Total lipid (fat)	g	--	--	4.51	1.45
Carbohydrate, by difference	g	--	--	28.99	9.32
Fiber, total dietary	g	--	--	5.9	1.9
Sugars, total	g	--	--	11.01	3.54
Minerals					
Calcium, Ca	mg	--	--	59	19
Iron, Fe	mg	--	--	1.43	0.46
Potassium, K	mg	--	--	1001	322
Sodium, Na	mg	--	--	439	141
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	47.9	15.4
Vitamin A, IU	IU	--	--	501	161
Lipids					
Fatty acids, total saturated	g	--	--	1.990	0.640
Fatty acids, total monounsaturated	g	--	--	1.493	0.480
Fatty acids, total polyunsaturated	g	--	--	0.498	0.160
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	40	13
Amino Acids					
Other					
Ingredients					

SEASONED COOKED BEEF STRIPS AND BINDER PRODUCT (BEEF, WATER, CONTAINS 2% OR LESS OF: CARAMEL COLOR, DEXTROSE, SEASONING [NATURAL FLAVOR, SALT, MALTODEXTRIN, DRIED WHEY, DRIED CAULIFLOWER, SESAME OIL], MODIFIED CORN STARCH, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SALT, SODIUM PHOSPHATES, SPICE EXTRACTIVES), GRAVY (WATER, MODIFIED CORN STARCH, ONIONS, CONTAINS 2% OR LESS OF: BEEF BASE [COOKED BEEF, YEAST EXTRACT, MALTODEXTRIN, CARAMELIZED SUGAR SYRUP, BEEF TALLOW, BEEF EXTRACT, VEGETABLE JUICE CONCENTRATES {ONION, CARROT, CELERY}, SALT, SUGAR, CORN STARCH, LACTIC ACID, FLAVORINGS], CABERNET SAUVIGNON WINE, BUTTER [CREAM, SALT], BURGUNDY WINE, POTASSIUM CHLORIDE, SEA SALT, CANOLA OIL, GARLIC, BLACK PEPPER), GREEN BEANS, RED SKIN POTATOES (RED SKIN POTATOES, SODIUM ACID PYROPHOSPHATE), APPLES (CITRIC AND ASCORBIC ACID TO RETAIN COLOR), WATER, BROWN SUGAR, CARROTS, CELERY, ONIONS, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NONFAT DRY MILK (NONFAT DRY MILK, VITAMIN A, VITAMIN D), ACETYLATED MONOGLYCERIDES, WHEAT FLOUR, BUTTER FLAVOR (MALTODEXTRIN, MILK FAT ANHYDROUS, MODIFIED CORN STARCH, MEDIUM CHAIN TRIGLYCERIDES, ENZYME-MODIFIED BUTTER FAT, NATURAL FLAVOR), WHEY, SWEET CREAM POWDER (CREAM, NONFAT MILK, SODIUM CASEINATE), SALT, VANILLA FLAVOR (WATER, PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVORS [CONTAINS ETHYL ALCOHOL, CORN SYRUP, INVERT SUGAR, CARAMEL COLOR]), CARAMEL FLAVOR (PROPYLENE GLYCOL, ETHYL ALCOHOL, NATURAL FLAVORS, ARTIFICIAL FLAVORS, WATER), CARAMEL COLOR. CONTAINS: MILK, WHEAT. *Date Available:* 03/09/2017 *Date Last Updated by Company:* 03/09/2017